

HEADACHE DIARY

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

Day 7

Date of the headache

Time headache started

Time headache ended

Do you see flashes of light or other odd sensations before or during the headache?

Rate the pain 1-10

Other symptoms ?
(nausea, vomiting, etc)

Does anything help the headache?
(having lights off, sleep, etc)

Does anything make the headache worse?

Type and location of the pain

What other activities/events were you doing before the headache started?

What did you eat before the headache started?

How many hours of sleep did you get the night before?

For females – is it related to your menstrual cycle?